

SPECIAL EVENTS CALENDAR

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Girls Night Out – Climbing Pass \$9.50 5 – 10pm	4 Technique Clinic – Pulling Through and Past the Roof. How to. 8 – 10PM	5 On the Way Home Workout 5:30 – 6:30 Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm	6 Technique Clinic – Read it – Write it – Do it! Mental training, training tools. 8 – 10PM	7 Guys Night Out & High School Night Climbing Pass \$9.50 5 – 10pm	8 Couples Date Night & College Night Climbing Passes \$9.50 5 – 10pm
9	10 Girls Night Out – Climbing Pass \$9.50 5 – 10pm	11 Technique Clinic – Bumps. Answers: What is it? How to apply it to your climbing. 8 – 10PM	12 On the Way Home Workout 5:30 – 6:30 Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm	13 Technique Clinic – Flashing a route! Applying what you have learned, coached cumulative brush-up. 8 – 10PM	14 Guys Night Out & High School Night Climbing Pass \$9.50 5 – 10pm	15 Couples Date Night & College Night Climbing Passes \$9.50 5 – 10pm
16	17 Girls Night Out – Climbing Pass \$9.50 5 – 10pm	18 Technique Clinic – Pyramid of Success. Training tools. 8 – 10PM	19 On the Way Home Workout 5:30 – 6:30 Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm	20 Technique Clinic – Big Wall Day. Training Goals, training tool. 8 – 10PM	21 Women's Monthly Workout 6:30 – 8:30PM w/ Jen & Ashley Guys Night Out & High School Night – Climbing Pass \$9.50 5 – 10pm	22 Couples Date Night & College Night Climbing Passes \$9.50 5 – 10pm
23	24 Girls Night Out – Climbing Pass \$9.50 5 – 10pm	25 Technique Clinic – Core on the wall. How to engage your core muscles while climbing.	26 On the Way Home Workout 5:30 – 6:30 Family Night – 3 Climbers \$35 includes gear. Add family climbers \$9.50 ea. 5 – 10pm	27 Technique Clinic – Games of Add-On. Coaching advice on projects. Strength building circuits. 8 – 10PM	28 Landing From Falls – Technique Course 7 – 9PM w/ Kevin Guys Night Out & High School Night – Climbing Pass \$9.50 5 – 10pm	29 Couples Date Night & College Night Climbing Pass \$9.50 5 – 10pm
30		Become a member! No Start-up fee. No Contract required. *membership is optional		Free Climbing Technique Clinics every Tuesday and Thursday, with your day climbing pass or membership		Be Pro-Active about safety – Enroll in the Landing from Falls Technique Course. Management of ground falls – Next date Friday April 28 th , 2017